Co-funded by the
Erasmus+ Programme
of the European Union

STEPIN:

Supporting Parents to Deal with the Excessive Online Time and Habits of Their Children

Module:

Parents-child relationship

Developed by:

step by step
PARENTS' ASSOCIATION

Institut für Didaktik der Demokratie

KA205- Strategic Partnerships for Adults
Project No: 2020-1-DE02-KA204-007452

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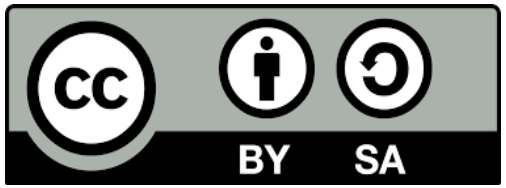

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Key Symbols

	Tips
	Questions
	Extra Resources

Module Description

For the purpose of this project, two larger skillsets which constitute an important part of the parental skills, are presented: **communication skills** and **conflict resolution skills**. Consequently, this module provides information about communication and conflict resolution skills. Further, **active listening skill**, as part of communications skills and **anger management skill** as part of conflict resolution skills are explained. The first presentations functions as a introduction into the modules topic **parent child** relationship.

This module is addressed to parents wishing to improve their communication and conflict resolution skills in relationship with their children.

Topics

This module covers the following topics:

- Strengthening parent – child relationship
- Communication
- Conflict resolution

Topic 1: Strengthening parent – child relationship

This topic aims to raise awareness of

- different parenting styles and their distinctive behaviors
- the connection between the parenting style, punishment and Internet Abusive Behavior (IAB)

…and will cover the following sub-topics:

- Introduction to four main parenting styles
- Tips for setting efficient personal boundaries

Source: pixtastock.com

The 4 parenting styles

- **Authoritative parenting** – encourages children to be responsible, to think for themselves, and to consider the reasons for rules
- **Authoritarian parenting** – expecting their orders to be obeyed without question, relying on threat and/or punishment to control their children
- **Permissive parenting** – responsive and warm, but reluctant to enforce rules
- **Uninvolved parenting** – offers children little emotional support and fails to enforce any limits

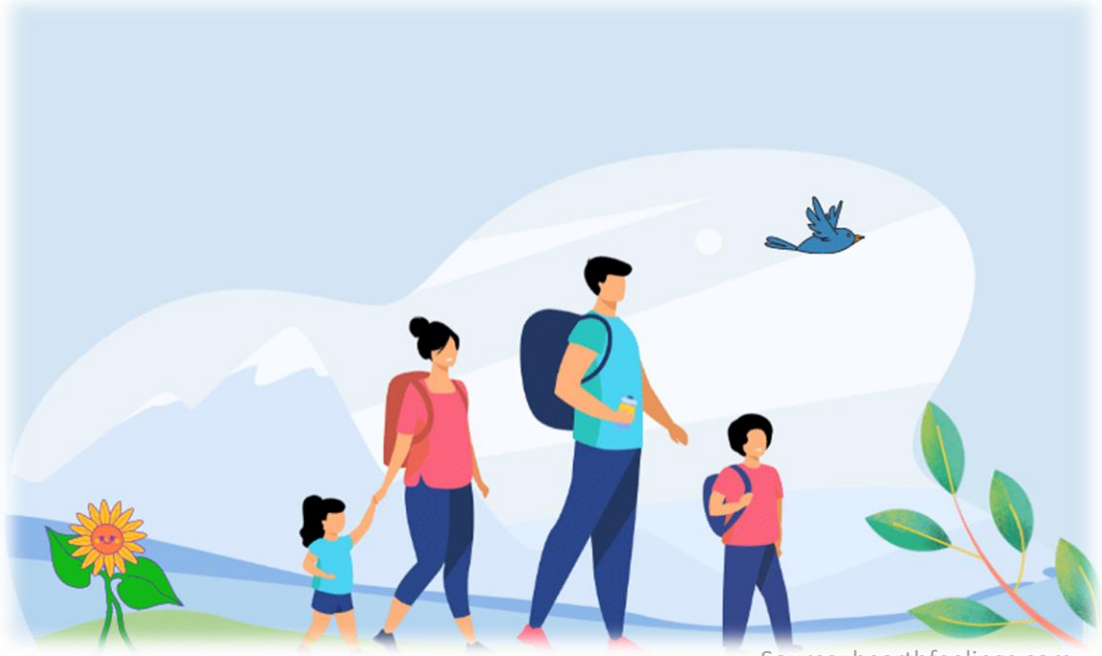
Which style is the best?
Which style is the worst?

Article:
[A psychologist shares the 4 styles of parenting—and the type that researchers say is the most successful]

The 4 parenting styles

✓ **Authoritative parenting**
best child outcomes

✗ **Uninvolved parenting**
worst child outcomes



Source: hearthfeelings.com

IAB and parenting style

Parents of adolescents with IAB showed poor parenting more frequently

Videos:

[Parenting Styles and their Effects on Children]

[Parenting Styles and Child Outcomes]

Setting efficient personal boundaries

Source: parents.com

- Start by making a request
- Stick to it!
- Understand your children's needs
- Be confident!

Articles:

[Set realistic boundaries with your teenager]

[7 Smart Tips for Setting Boundaries]

Summary

- There are 4 parenting styles based on how much affection parents show, if they expect obedience or encourage asking questions by their children and if they set firm boundaries or let children do as they please.
- **The 4 prenting styles are:** authoritative, authoritarian, permissive and uninvolved parenting. Research shows that authoritative parenting is associated with the best child outcome, while uninvolved parenting is linked with the worst.

Topic 2: Communication

This topic will cover the following:

- Good communication
- Active listening

Good communication

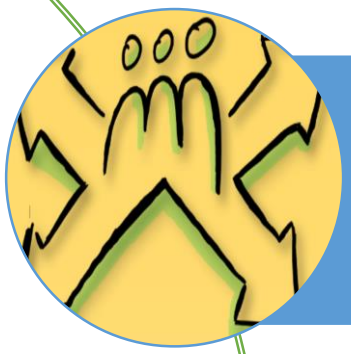
"Open and effective communication between parents and their children is crucial for the improvement of their relationships. Children learn how to communicate by watching their parents and begin to form ideas and beliefs about themselves based on how their parents communicate with them. […] Through effective communication, children know what to expect from their parents and are more likely to cooperate with them."

- (PA SbS & IDD 2021, p. 8)

Why is good communication important?

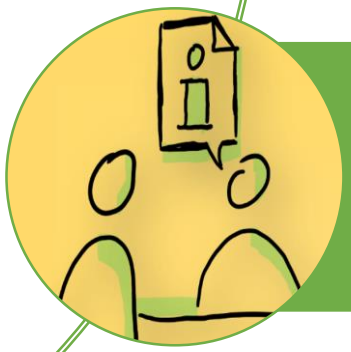
1. Open and good communication between parents and children is especially important.
2. Parents act as role models. children learn early on from their parents how they communicate with each other, but also with the children themselves.
3. Mutual respect, understanding for each other and regular conversations are the first prerequisites.
4. Negative or absent communication can make children believe that they are not important or not accepted.

Ways to promote good communication



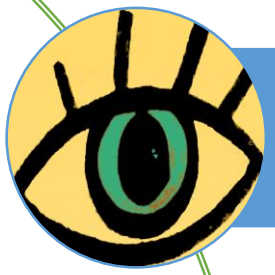
Be willing to share your own feelings and ideas with children: Open your communication up to your children, and they will open it up to you, too.

Ask purposeful questions - that hold the possibilities for a good answer. Open questions in particular invite extended answers or counter-questions.



Be concise and clear. Avoid information overload.

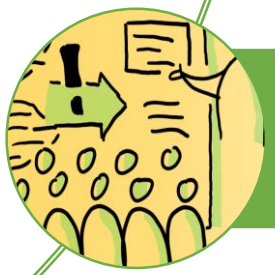
Ways to promote good communication



Try to see the situation through your child’s eyes.

Avoid shaming your child, rather focus on correcting the behavior. If necessary, give instructions in a supportive and encouraging way.

Encourage your child to think proactively about solutions.



Very important: Monitor your child’s media consumption. Try to discuss in your family and with your children themes and messages from different types of media.

Active listening

- Active listening is a crucial part of effective communication. It is a skillset which enables us to perceive exactly what the other person is going through and to offer them feedback on what we have noticed.
- It validates the speaker and makes them want to speak longer (Simon, 2018).
- Active listening is the foundation for any successful conversation, and a crucial aspect of good communication skills.

Everybody Loves Raymond Uses Active Listening - from Parent Effectiveness Training – Watch it here!

Active listening

Video - showing strategies for building up active listening skills.

The following tips will help you to become a better active listener:

- **Be open, neutral and listen without interrupting or jumping to conclusions.**

Shut down your internal dialogue while listening. Do not prepare your reply while the other person speaks; the last thing they say may change the meaning of what has already been said.

- **Use verbal or nonverbal confirmation** such as nodding your head. Make eye contact.
- **Use mirroring and show empathy.** This shows another person you see and understand them and their feelings.
- **Say in your own words what you understood and check if that is what the other person meant**
- **Show interest by asking questions to clarify what is said**. Ask open-ended questions to encourage the speaker.
- **Be patient while you listen**

Summary

- **Good communication** is the basis for every functional relationship.
- It can be practiced and achieved following 7 different tips.
- **Active listening** is the foundation for any successful conversation, and a crucial aspect of good communication skills. We offered 6 tips to build up active listening skills.

Topic 3: Conflict Resolution

This topic will cover the following:

- Successful conflict managment
- Anger Management

Successful conflict management

What is a conflict?

(Sesame Street & Robin Williams)

On a more serious note:

In its core a conflict is a clash of different views on

- attitudes
- expectations
- interests
- opinions
- values
- goals

Conflicts are sometimes hidden, are not immediately recognized and then lead to misunderstanding among each other.

They must be identified, their roots and reasons must be recognized and designated in order to be able to resolve them in a productive way.

Dont forget: **In democratic societies, conflict is a positive impulse of political shaping and resolution.**

But: **Violence and aggression are not means or methods to resolve conflicts in a productive way!**

How to teach your child conflict management in 5 steps:

1. Explain the difference between feelings and behavior

- teach children to label their feelings, so they can verbalize what they feel. Help them see that they're in control of their actions when they feel angry.

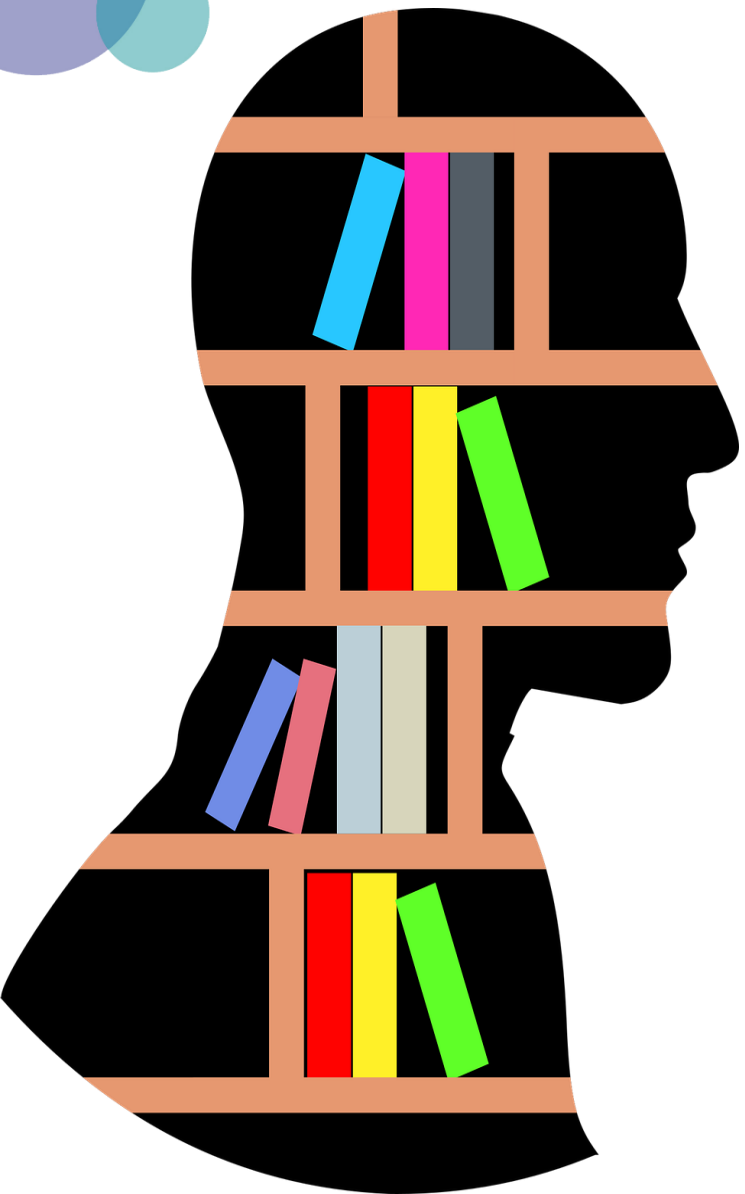
2. Be an anger management role model to your children

- verbalization of your feelings will teach children to talk about their emotions, too. It’ s healthy to show them how you handle angry feelings.

Video:

- Conflict Resolution: How to Settle Your Differences Fairly
- Helping Kids Resolve Conflicts

How to teach your child conflict management in 5 steps:



3. Establish anger rules

- set clear and healthy boundaries between acceptable and unacceptable behavior when it comes to anger. For example, create written household rules that outline your expectations.

4. Teach your children healthy coping skills

- help them identify strategies that might be helpful to deal with their anger. You can fill a box with items that can help them calm down (coloring book and crayons, lotion that smells good, or soothing music). Engaging their senses can help calm their mind and body.

5. Offer positive consequences

- A reward system or a token economy system can motivate children to use anger management skills when they're up-set.

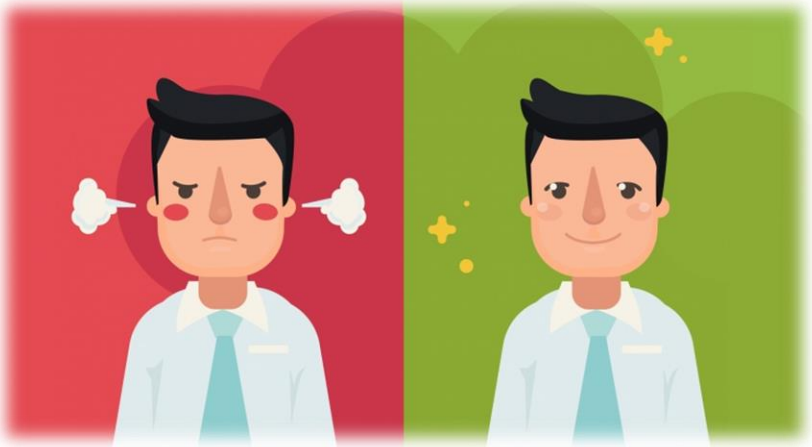
Anger management

- Anger is an emotion that can range from mild irritation to intense rage. While many people categorize anger as “negative emotion”, we prefer to call it unpleasant.

✓ **Angry feelings have its purpose** – they signal us that somebody or something has crossed our personal boundaries and we feel something wrong has been done to us. It energizes us for a response to protect ourselves.

✗ **But** when left unchecked, angry feelings can lead to aggressive behavior, or turning anger inward. **Anger becomes problematic when** it's felt too often or too intensely or when it's expressed in unhealthy ways.

- Think about about 1-2 situations from your own life regarding your adolescents anger.
- **Where are your weak spots regarding parent skills in handling it?**



Source: knowledgecity.com

Anger management

Intervention strategies for anger management:

- Identify triggers
- Evaluate your anger
- Recognize warning sings
- Step away
- Talk to someone you trust

Source: Snowden, S. & Hill, A. - Anger Management Workbook for Kids

- Engage in physical activity
- Explore what is behind your anger
- Create a "Calm Down" Kit
- Recognize if you need professional help

Article:

- How to handle your anger at your child

Video:

- Anger Management Tips for Parents: How to Handle Anger in Parenting

Anger management

It is important to explain children the difference between angry feelings and aggressive behavior. Frustration and anger can quickly turn into defiance, disrespect, aggression, and temper tantrums when children don't know how to deal with their emotions

(Morin, 2021).

Source: iStockphoto.com

These strategies can help teach your children anger management skills:

- Explain the difference between feelings and behavior
- Be anger management role model to your children
- Establish anger rules
- Teach your children healthy coping skills
- Offer positive consequences

Article:

- 5 Ways to Teach Your Child Anger Management Skills
- 10 Tips To Help Your Child With Anger

Video:

- Child Psychology : How to Help a Child Who Is Always Angry

Summary

- **Conflict** is a normal and important part of every relationship.
- **Positive conflict managment** can be learned following 5 shown steps.
- **Anger** has its pros and cons. Some situations in which anger becomes problematic were identified as well as situations in which anger can be usefull.
- 9 intervetion strategies for better **anger management**, and also strategies that parents can use to teach their children anger management skills were listed with extra resources offered to build up skills in using them.

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Co-funded by the
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Thank you

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